

# acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

November 2007



The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am -5pm.

Telephone number is 978-264-9643.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at [www.town.acton.ma.us](http://www.town.acton.ma.us), Click on Departments then on Senior Center.



## ► COA Breakfast: Honoring Our Veterans

*Friday, November 9<sup>th</sup>, 9:00*

Join us for a generous, warm breakfast with some good friendship on the side! **If you are a veteran, we invite you to come to the breakfast free of charge**, courtesy of the Friends of the Acton COA. Dore' Hunter, Veterans' Agent, will be our guest speaker. Call the COA by Wednesday, November 7<sup>th</sup> for a reservation. Cost for non-veterans is \$2.00



## Flu Vaccines

*Saturday, November 3<sup>rd</sup>, 9:00-12:00 at the Acton Town Hall*

*Wednesday, November 7<sup>th</sup>, 4:30-6:00 at the Acton Pharmacy on Mass. Ave. in West Acton*

Available to anyone 50 or over or anyone 18-50 with a chronic health condition. Pneumococcal vaccine will also be available. The immunizations are covered by Medicare and all Senior HMO's. The cost to others is \$20. No one will be turned away due to inability to pay. Call the Acton Public Health Nursing Service at 978-264-9653 after Nov. 7 for additional clinic times.

## Taking Control: Techniques for Early-Stage Persons with Memory Impairments

*Tuesdays, November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>, in Concord*

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This four-part series discusses the nature of memory loss: lifestyle changes that can help including diet, exercise, mental exercises, social engagement, medications and vitamins; the basics of legal and financial planning; assembling your healthcare team; safety and driving; new methods of communication and services you may need. This program is designed especially for individuals with Mild Cognitive Impairment or early-stage Alzheimer's disease and their family members. Early-stage persons and care-partners must attend together. This course is free of charge and has limited enrollment. To register or for more information: Call Nicole McGurin at 800-272-3900.

**The Acton Council on Aging wishes to thank and honor all Veterans for their brave service to our country.**

**Registration for NEW Classes and Programs begins Monday, November 5<sup>th</sup> at 12:00 noon.**  
**You may stop in or call to register.**

**The Senior Center will be closed on Monday, November 12<sup>th</sup> for Veteran's Day as well as Thursday, November 22<sup>nd</sup> and Friday, November 23<sup>rd</sup> for Thanksgiving.**

## **CLASSES/GROUPS/PROGRAMS**

**NEW FOR NOVEMBER/DECEMBER .....SIGN UPS BEGIN NOVEMBER 5<sup>th</sup> at 12:00 NOON!**

### ► **“Dealing with the Holidays Before the Holidays Deal with You”**

*Thursday, November 8<sup>th</sup>, 2:00-3:00, Senior Center living room*

Join us for a group discussion about dealing with the holidays while you're dealing with recent losses and changes in your life. Mary Kitses, experienced grief counselor, warmly welcomes all who would benefit from this timely workshop.

### ► **Ask the Lawyer**

*Tuesday, November 14<sup>th</sup>, 1:00-3:00*

Attorney Leslie Madge, a certified Elder Law Attorney, offers free 20 minute private legal consultations.

### ► **Great Broadway Songwriters, Part II**

*Thursday, November 15<sup>th</sup> and 29<sup>th</sup> and December 6<sup>th</sup>, 1:00-2:30*

Ben Sears and Brad Conner, cabaret duo and theatre historians, will present the works of Jerome Kern, Cole Porter and Rodgers & Hammerstein, through lecture, video clips, vocal and piano demonstrations. Ben and Brad have been called “Boston’s favorite song duo” by the *Boston Globe* and many will recall attending the first part of their Broadway Songwriters program here in Spring 2006. This informative, entertaining and engaging program is offered in partnership with Framingham State College’s Center for Lifelong Learners and is funded by the Friends of the Acton Council on Aging.

### **Can you Sudoku? Follow-up Class**

*Thursday, November 29<sup>th</sup>, 12:30*

If you attended our first meeting or have a basic understanding of the game, please plan to join us for more strategies and techniques to succeed at the next level of the puzzle.

### ► **Health Plan Options for People with Medicare**

**Presented by Blue Cross Blue Shield of Massachusetts**

*Monday, December 3<sup>rd</sup>, 12:30*

Whether you are currently a Medicare subscriber or will be in the near future, join us for this informative talk, which will offer a presentation beyond Blue Cross Blue Shield plans. One of the topics discussed will be the recent change to continuous open enrollment for Blue Cross Blue Shield’s Medex<sup>®</sup> plans. No more waiting...You may now enroll in a Medex<sup>®</sup> plan, or upgrade or downgrade your existing Medex<sup>®</sup> plan any time of the year. Bring your insurance questions to this informative seminar! If you can’t attend but would like more information visit the website [www.bcbsma.com](http://www.bcbsma.com) (click on Medicare Options), or call 1-800-678-2265 (TTY 1-800-522-1254).

### ► **Tour of the Acton Memorial Library**

*Tuesday, December 4<sup>th</sup>, 11:00*

Marcia Rich, Director, will lead us on a tour of the Acton Memorial Library on Main Street. Learn about the incredible amount of resources available, with a focus on items of interest to seniors, such as large print materials, recorded books and large print monitors. We will also receive a behind the scenes look at areas library patrons ordinarily do not see! The tour will last about 40 minutes and there will be opportunities to sit and rest in a few areas of the library, if needed. This is limited to a small group, so sign up early. Call the COA office if you need to schedule a ride on the COA van.

### **Going Digital: Find the Right Digital Camera for You**



*Wednesday, December 5<sup>th</sup>, 12:30-2:00*

Thinking about buying a digital camera? How do you decide what kind is right for you? Join us for a presentation and discussion about the features you should look for and what to avoid as you consider buying a digital camera.

► **Indicates that you must sign up in advance!**

**NEW FOR NOVEMBER/DECEMBER (continued)....SIGN UPS BEGIN NOVEMBER 5<sup>th</sup> at 12:00 NOON!**

► **Holiday Greeting Cards** - Instructor Cynthia Durost

*Wednesday, December 5<sup>th</sup> and 12<sup>th</sup>, 9:00-11:00*



Students will create and complete their designs of personal holiday cards or miniature winter scenes. Supplies needed include watercolor pad, colored pencils or watercolor pencils. Envelopes and markers will be provided. No watercolor experience necessary. Stencils will be available for those who are not confident in their drawing skills!

► **Cribbage Anyone?**

*Friday, December 7<sup>th</sup> and 14<sup>th</sup>, 11:00*

Join us to learn this brain stimulating, two person card game, originally created in the 17<sup>th</sup> century. The basics of the game are fairly easy to understand but the nuances of play make the game exciting every time you deal.

► **Indicates that you must sign up in advance!**

**TRIPS/OUTINGS**

► **Museum of Fine Arts Trip**

*Thursday, November 8<sup>th</sup>*

**Departs:** Nagog Office Park, 9:15 a.m. Depart the MFA at 1:30, arrive in Acton by 2:15.

**Cost:** \$27 (includes general admission and bus)

► **Jane Austen Holiday Tea and Tour of Gore Place Mansion, Waltham**

*Friday, December 7<sup>th</sup>*

See the historic 1806 Governor Gore estate decked out in its holiday finery! We will be treated to a Jane Austen themed English holiday tea of savory sandwiches and sweets. The tea will be followed by a tour of the mansion using Austen's own words to describe the décor and refined lifestyle of Christopher and Rebecca Gore. There is a gift shop on the grounds. Please note the tea is on the first floor of the estate, but the restrooms are on the lower level, down a flight of stairs. Because we are taking a mini coach bus ( bus does not have a bathroom), the trip is limited to 20 people, so please make your reservations early!

**Departs:** Nagog Office Park at 12:15 (approximate return time of 3:30)

**Cost:** \$51.50 (includes tea, tour, bus and tip)

**COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment is required two weeks prior to the trip, unless otherwise noted. If payment is not received in time, your name will be removed from the trip. Your check will be returned if you can't go, only if your place can be filled.
3. Checks should be made out to: The Friends of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton.
4. Parking for trips is at the end of Nagog Woods Office Park Rd. Enter from Rte. 2A/119 at Bickford's Restaurant and follow the road to the end. See the parking lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip scholarship assistance from the Friends of the COA.
6. Always bring a copy of your File of Life card with you on trips.

► **Minuteman Lunches**

Minuteman Lunch is served Monday through Thursday at 11:45. Voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before. Call the COA at 978-264-9643 for transportation, if needed.

- **November Birthday Lunch: Wednesday, November 14<sup>th</sup>** - Anyone celebrating a November birthday is welcome to join us for a complimentary lunch funded by Friends of the Acton COA. For a reservation please call the meal site at least 3 days before the day of the lunch.
- **Thanksgiving Lunch: Thursday, November 15<sup>th</sup>** – Join us for turkey with all the fixings. Please make a reservation by November 9<sup>th</sup>.

## ONGOING CLASSES/GROUPS/PROGRAMS

**ONGOING ACTIVITIES.....SIGN UP IF NECESSARY!**

### **Mah Jongg and Mexican Train (See calendar)**

*Some Tuesday and Thursdays, 12:30*

#### **► Bridge Class (Class is full)**

*Mondays, through November 5<sup>th</sup>, 10:00-12:00*

#### **► Italian Operas with Martin Segal**

*Tuesday, November 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>, 12:00- 3:00*

From the highly dramatic and noble “Norma” by Bellini to the verismo operas: the powerful story of the French Revolution “Andrea Chenier” by Giordano and the fantastic “Mefistofele” by Arrigo Boito, this opera class provides a great variety for enjoyment. A information packet is available for you to pick of at the COA office so you can familiarize yourself with the plots. Questions? Contact at martinsegal@verizon.net.

### **Acton Senior Quilters**

*Wednesdays, 10:00-12:00*

Beginners are always welcome to join this group.

#### **► One-Stroke Decorative Painting with Donna Lynch**

*Mondays, through November 19<sup>th</sup>, 9:30-11:00 (No class November 12<sup>th</sup>)*

You will create beautiful, simple paintings using shading methods through one stroke of the paintbrush! All paints, varnishes and paper are provided by the instructor. Paint brushes are available to use or you may purchase your own at any local craft store. Please bring disposable plates, a container for water and paper towels.

#### **► Interested in some Ping Pong/Table Tennis?**

We have drop-in ping pong at the center, but no one's been dropping in! If you are interested in playing on a regular basis, please call Chris at the COA office and we will take your name and then determine a day that works to have a regular game.

### **Computer Club**

*Fridays, November 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup>, 10:00-11:30*

*Wednesdays, November 7<sup>th</sup> and 21<sup>st</sup>, 1:30-3:00*

Please join us in the computer lab for a lively round table discussion as well as hands-on experience about anything computer related. The Computer Club will be facilitated by a volunteer and will cover any variety of topics each week. The club is open to all computer users from the novice to the experienced. Come as often as you'd like.

#### **► Watercolor Studio Workshop with Cynthia Durost**

*Wednesdays, through November 14<sup>th</sup>, 9:00-10:30*

Learn basic watercolor techniques, composition, and use of color, beginning with a special focus on fall landscapes and foliage. Beginners and new members always welcome! Materials list is available in the COA office.

### **Pool/Ping Pong/Poker**

*Daily, 12:30 for pool and ping pong and Fridays, 1:00 for poker*

New players always welcome! Check the calendar in office for conflicts with programming for the dining room.

### **Genealogy Group or “Do You Know Your Ancestors?”**

*Friday, November 9<sup>th</sup> and 30<sup>th</sup>, 1:30- 3:30*

This self-led group meets on a “drop-in” basis and is eager to welcome new members who wish to learn and share. Please join the genealogists in the Senior Center living room to begin or continue your genealogical pursuits.

**► Indicates that you must sign up in advance!**

**ONGOING ACTIVITIES (continued).....SIGN UP IF NECESSARY!**

**Drop-in Pool**

*Wednesdays, 1:00*

**Knit/Crochet**

*Wednesdays, 12:30-2:00*

This group enjoys knitting and crocheting for donations (see the “Giving Tree” article), working on their own projects and each other’s company. New crafters are always welcome! Yarn donations are welcome, just call first.

► **SHINE (Serving the Health Information Needs of Elders)**

*No Appointments are available for November*

If you have urgent questions or issues regarding health insurance or prescription coverage please call Minuteman Senior Services, at 978-263-8720, ask for the SHINE program.

► **Watercolor with Sue Nordhausen (Class is full)**

*Tuesdays, through December 11<sup>th</sup>, 1:30-3:00 (No class November 20<sup>th</sup>)*

**Drop-In Watercolor**

*Wednesday, November 21<sup>st</sup> and 28th, 9:00-10:30*

► **Computing for Beginners (Class is full)**

*Tuesdays, through November 20<sup>th</sup>, 1:00-2:00*

**“The Bookies”**



*Monday, November 19<sup>th</sup>, 1:00*

This month’s book is Murder in the Oval Office by Elliott Roosevelt. The resourceful First Lady shows spunk and wit, and also considerable charm, in her amateur investigation of the locked-room puzzle. Please come for a lively discussion--reading the book is not required.

► **Indicates that you must sign up in advance!**

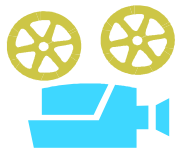
**Senior Center Art Display**

The inspiring watercolor art of Acton resident Li-Sui Lin will be on display at the COA for the month of November. Li-Sui is a remarkable artist who created large abstract oil paintings in Taiwan before moving to the U.S. and beginning to use watercolor. If you would like to view the artwork please check the COA calendar for conflicts when the living room may be in use. If you are an Acton senior interested in displaying your artwork, please contact Chris at 978-264-9643.

**Friday Flicks!**

*Fridays, 12:30*

- *Friday, November 2<sup>nd</sup>* - “**Sweet Home Alabama**” (2002, PG-13) – Reese Witherspoon stars in this romance about an ambitious woman who leaves Alabama and her husband (Josh Lucas) behind in favor of Manhattan's fashion and social circles.
- *Friday, November 16<sup>th</sup>* – “**Blades of Glory**” (2007, PG-13) – Will Ferrell and Jon Heder co-star in this hilarious comedy of figure skaters who are banned from competition, but find a loophole that allows them to compete as a pairs team.
- *Friday, December 7<sup>th</sup>* – “**The Holiday**” – (2006, PG-13) – Two women in bad relationships (Cameron Diaz and Kate Winslet) decide to swap their London and Los Angeles homes, paving the way for unexpected romances. Co-stars Jude Law, Jack Black, and Edward Burns.





## **EXERCISE OPPORTUNITIES**

### **STAYING FIT.....EXERCISE CLASSES ARE CURRENTLY FILLED!**

All exercise classes are currently filled. Sign-ups for the next session, which begins in January, will be on Monday, December 3<sup>rd</sup>.

#### ▶ **"Stretch and Flex" with Terri Zaborowski**

*Mondays, through December 17<sup>th</sup>, 8:30-9:30 (No class on 11/12)*

#### ▶ **"Senior Cardio-Flex" with Terri Zaborowski**

*Tuesdays and Thursdays, through Thursday, December 20<sup>th</sup>, 8:30-9:30 (No class 11/22)  
or Wednesdays and Fridays, through Friday, December 21<sup>st</sup>, 8:30-9:30 (No class 11/23)*

#### ▶ **"Beginner to Intermediate Stretch and Tone" with Terri Zaborowski**

*Tuesdays and Thursdays, through Thursday, December 20<sup>th</sup>, 9:45-10:45 (No class 11/22)*

#### ▶ **"Keep Moving" with the Acton Striders**

*Wednesdays in November, 9:30*

Join us each Wednesday in November as the Acton Striders Senior Walking Group continues short walks in Acton. We will take a one mile walk as a group, which usually takes about a half hour, departing from various locations around town. You are free to go on a longer walk if you wish. Please call Chris at the COA office to have your name put on the communications list. The list of the walks and Strider T-Shirts (\$8 fee) are available at the office. Always remember to wear comfortable walking shoes and clothing and to bring your File of Life and water bottle! We do not walk on days when there is a steady rain. Walking Schedule for November:

November 7 – Walk #3 (NARA)

November 28 – Walk #1 (Central St. Cemetery)

November 14 – Walk #4 (Alcott St.)

December 5 – Walk #2 (Concord Rd. Cemetery)

November 21 - Walk #5 (Minuteman Rd.)



### **Go Green and Save Paper! - Receive Your Newsletter by Email**

Please consider receiving your newsletter by email instead of by snail mail. If interested send your name, home address and email address to [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov).

**Trustees of the Elizabeth White Fund** regret that they are unable to disburse any funds this holiday season. Beacon Santa applications are available in the COA office.

### **COA Volunteer Opportunities**

If you are interested in these or any other volunteer jobs please call Carol Steiner at the COA.

- Handymen/Electronics Specialists
- Plant care inside and outside (seasonally)
- Video organizer
- Newsletter Mailers: once a month
- Workshop Leaders
- Friendly Visitors
- Quilters: once a week informal
- Wheel-A-Meal Drivers: both regular and substitute drivers

### **Evening Social Ideas Needed!**

Feedback from the COA survey indicated many people would like to see evening activities offered. If you have any ideas for social evening activities, or would like to be part of a committee to plan special evening events, please contact Chris in the COA office at 978-264-9643.

### **Giving Tree**

We are collecting hats, scarves and mittens to be donated to those in need. Donated items will be hung on our Giving Tree set up in the Senior Center. If hand made goods are not your specialty please feel free to donate store bought items, particularly socks which will be useful during winter months. We also accept donations of new lap robes that we continue to donate to Life Care of Acton Nursing Home and the Bedford V.A. If you are dropping off a donation, please be sure to leave your name and address so we may properly thank you for your generosity. You are welcome to join the Knit and Crochet group on Wednesdays at 12:30 at the Senior Center. Any questions please call or email Carol Steiner at 978-264-9643.

## Save the Date

**Holiday Tea on December 13<sup>th</sup>, Thursday, 2:00-3:30, here in the Senior Center living room**

### AROUND TOWN...

**Theatre III** - 250 Central St., Acton

**“The Full Monty”, Thursday, November 1<sup>st</sup>, 7:30pm**

All senior citizens are invited to attend the Senior Dress rehearsal of this musical. Visit: [www.theatre3.org](http://www.theatre3.org).

**Concord Players** – 51 Walden St., Concord

**Neil Simon's “Odd Couple”, Thursday, November 1<sup>st</sup>, 8:00pm**

All senior citizens are invited to attend the Senior Dress rehearsal. Suggested donation is \$3.

**The Longwood Opera Company** in cooperation with the Acton/Boxborough Cultural Council

**Friday, November 2<sup>nd</sup>, 8:00pm, at the Acton Center Congregational Church**

Johann Strauss' DIE FLEDERMAUS (The Flying Mouse or The Bat). Advance tickets are \$15 for seniors. Send check and a return envelope to: Longwood Opera Company, 42 Hawthorne Avenue, Needham, MA 02492.

**“Bach’s Lunch” Concert** - Indian Hill Music School 36 King Street, Littleton

**Thursday, November 15<sup>th</sup>, 12:00 – 1:00pm**

Concert featuring harpsichordist Joseph DiMarino and the Longy Ensemble. FREE admission. Coffee, tea and cookies served; bring your lunch. For more information call 978-486-9524 or visit [www.indianhillmusic.org](http://www.indianhillmusic.org).

**Acton Recreation Department...** is accepting registrations for a variety of day trips including a shopping trip to NYC during the holiday season, Bright Lights in western Massachusetts and many others! Programs and events can be found in their Fall/Winter program. To receive one, call the Recreation Dept at 978-264-9608 ext. 0.

**Acton-Boxborough Community Education**

**Saturday, December 8<sup>th</sup>**, - daytrip to New York City. Cost is \$46.

For more information on classes and trips see their brochure or online at [www.comed.ab.mec.edu](http://www.comed.ab.mec.edu).

**Celebrate Diwali (the Indian festival of lights)**

**Sunday, December 9<sup>th</sup>, 2:00-5:00 pm**, at the Acton Memorial Library. There will be food, performances and arts and crafts. India Day is part of the Our World series sponsored by the Acton/Boxborough Cultural Council.

**Acton Garden Club Holiday House Tour**

**Tuesday, December 11<sup>th</sup>, 10:00-4:00**

Tour a variety of homes decorated for the holidays. Cost is \$20. For ticket information call 978-263-7975.

### Attention Veterans

Massachusetts provides financial and medical assistance for indigent veterans and their dependents separate from the Federal Veterans Administration's programs. For details, please contact the Veterans Service Officer at [VSO@acton-ma.gov](mailto:VSO@acton-ma.gov) or by calling 978-264-9603.

### SENIOR VAN SCHEDULES

The Acton COA van is available Monday through Friday to all Acton seniors (age 60 and over) and disabled younger Acton residents. Reservations should be made weekdays 8:00-12:00 by calling 978-264-9643. Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to call at least one day in advance, sooner if possible. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available to Acton senior citizens Tuesday, Wednesday and Thursday, 9:00–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as the COA van.



## **SUPPORT SERVICES**

### **Outreach Coordinator Available to Help You Find Resources**

Are you finding that you need to ask your friends and neighbors for help more often or that your requests are getting to be too much? Are family members busy, too far away or just not available to ask for support? If you had some help at home would your day/week/month go better? Would you then be able to ask a friend over to tea rather than for another ride to an appointment? The COA can offer resources in the community to address these and other concerns. Call Carol Steiner, our Outreach Coordinator at 978-264-9643 for a confidential chat.

**Food Pantries and Community Suppers:** If finances are tight and skimping on meals is the only way to make ends meet, please know there are community suppers and food pantries in our area that are available to help. Please call Carol Steiner at 978-264-9643 to get a copy of the most recent list of local area suppers and pantries.

### **► Safety Sand**

“Safety Sand for Seniors” is preparing to resume for this winter season. Safety Sand (salted Highway Dept. sand) is delivered in a 3-gallon plastic pail to your home by volunteers from the Acton Boxborough High School. Call the COA at 978-264-9643 to request a sand-pail (or a refill if you already have a pail from previous years). Sand pail delivery date TBD and refills are available during the winter. There are a limited number of pails so call soon.

### **► Falling Leaves?**

Need help with leaf raking? Call the COA and ask to put on the list. We rely on the generosity of volunteers to be able offer this service. Raking dates have not been set. Requests are filled on a first come first served basis. Rakers bring their own equipment whenever possible. All equipment loaned to rakers is the homeowner’s responsibility. A responsible adult must be home the day of the raking. Leaves cannot be removed but can be bagged (provided by the homeowner) or raked to a designated area.

**Durable Equipment Loan:** Donated medical equipment is available to be loaned out to seniors. Please call before you buy new equipment - we may have it in our cellar! The most frequently borrowed items are tub benches, shower seats and raised toilet seats. We also have wheelchairs, grabbers, crutches and canes. They are often in short supply, so if you have items taking up space, we would be glad to add them to the loan cellar. Currently we are particularly in need of tub transfer benches. *Please call ahead before picking up or dropping off items.* **All equipment must be clean and in very good condition.**

**Handyman Program:** The Acton Handyman Program, offered by volunteers, is designed to help Acton seniors with small repairs and simple household jobs. Handymen are available to glue loose handrails and chair legs, replace light bulb/smoke detector batteries, assemble bookshelves, flip mattresses, connect simple computer, VCR, DVD connections. Nothing on ladders, please. Call the COA to request a Handyman.

**Are You OK Program:** Would you be reassured if you received a call everyday at the same time? Maybe the “Are You Okay?” program is for you. This telephone reassurance program is offered free to any Acton resident who would benefit from a daily scheduled “well-being” check. To enroll call Carol Steiner at the COA.

### **South Middlesex Opportunity Council (SMOC) Low Income Home Energy Assistance Fuel**

**Assistance** - Need help paying your heating bill? Applications for 2007/08 fuel assistance are being taken November 1<sup>st</sup> through April 30<sup>th</sup>. If your yearly gross household is at or below the amounts listed, you may qualify for some fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA for information.

<i>Household size</i>	<i>Maximum gross income (Call for income guidelines for larger families)</i>
1	\$ 20,420
2	\$ 27,380
3	\$ 34,340
4	\$ 41,300



## **SUPPORT SERVICES (continued)**

### **National Alzheimer's Disease Month**

It has been 24 years since November was established as National Alzheimer's Disease Month by former President Ronald Reagan. Since that time, the number of Americans with Alzheimer's disease has risen from 2 million to over 5 million, and the pace of research and discovery has rapidly increased, giving us knowledge of the disease process, treatments, information about prevention, diagnosis, and care.

### **Current Thoughts on Memory Loss in Elders**

**Monday, November 12<sup>th</sup>, 5:30 - 7:00 pm,** at Concord Park Assisted Living, 68 Commonwealth Ave, Concord  
The community is invited to attend this free presentation by Dr. Wayne Saltsman, MD, Chairman of the Geriatric Medicine department at Lahey Clinic. There will be a light supper from 5:30 - 6:00 pm. Please RSVP by Wednesday, November 8<sup>th</sup> to Mary Baum at 978-3694728.

### **Moving Beyond the Alzheimer's Diagnosis**

**Tuesday, November 20<sup>th</sup>, 6:00 – 7:15 pm,** at The Inn at Robbins Brook, 10 Devon Drive, Acton. The event is free for all attendees and refreshments will be provided. For more information or directions, call 978-264-4666 or visit [www.theinnatrobbsbrook.com](http://www.theinnatrobbsbrook.com).

### **Update on the Fire/EMS Station Advisory Task Group (FEATG) Activities**

With the recent decision by the Board of Selectmen to cancel the Special Town Meeting FEATG has refocused attention on the design and construction of the North Acton Fire/EMS Station. Fire Chief Robert Craig recently briefed the Financial Committee them on the scope of details. Architect, Brian Humes, met with the Design Review Board to discuss the complexity of the site, the deed restrictions and zoning requirements. Following these meetings FEATG met to update and revise the data in the Space Needs Assessment document. The FEATG will make a presentation at the State of the Town Meeting in November.

Submitted by: W. Arthur Gagne, Member, Steering Committee, FEATG Chair, Public Relations Task Force

### **Acton Affordable Housing – Rare Opportunity to Buy in Acton**

Second floor, two bedroom, 842 sq. ft. unit at Parker Village in excellent condition, sunny and light, and on town sewers. Condo fee of \$294/month includes heat, hot water, and sewer. The deed restricted unit is being sold for \$100,000 to an income eligible first time homebuyer. You may not have owned a home for the past 3 years. Your gross household income may not exceed \$46,300 for a 1 person household, \$52,550 for a 2 person household, \$59,550 for a 3 person household. Total household assets may not exceed \$50,000, including some portion of retirement funds. For more information on eligibility and/or applications contact the Town Clerk's office or Nancy Tavernier, Chair ACHC, [ntavern@comcast.net](mailto:ntavern@comcast.net) or 978-263-9611. Deadline is Nov. 5 but is first-come, first-served.

### **► Acton Senior Center Hill Top Café Volunteers**

**Wednesday, November 7<sup>th</sup>, 11:30, in the dining room**

Would you like to work with the Volunteer and Program Coordinators to enhance our Minuteman meal site, "The Hill Top Café"? We are looking for volunteers to:

1. Make coffee, hot water for tea and put out the tea, milk, sugar and goodies
2. Seasonally help decorate the café to enhance the dining experience
3. Call the birthday celebrants early each month and remind them that there is such a thing as a free lunch and to address and mail home cards (made by a volunteer) to those who couldn't make the lunch
4. Help with Special meals to set tables, decorate, oversee the café raffles to benefit the coffee fund which covers expenses for decorating, buying coffee and tea items.

Interested but can't make the meeting? Call Carol Steiner at the COA.



### **Going Away for the Winter??**

Please give us a call so we can temporarily take you off our mailing list while you are away and let us know when you return so that we may put you back on our mailing list. While you're away visit us at [www.acton-ma.gov](http://www.acton-ma.gov).

## Are you Reaching the “Donut Hole”?

If you reach that gap in your Medicare prescription drug coverage (Part D) often called the “donut hole,” you may have to pay up to \$3,051.25 out-of-pocket for your prescriptions before your Part D plan starts paying again. Prescription Advantage can help. If you are single with income below \$30,630, or are married with combined incomes below \$41,070, Prescription Advantage can help to pay for drugs covered by your Part D plan when you reach the donut hole. You will only pay a Prescription Advantage co-payment. If your income is higher, you still may be eligible for some benefits. You don’t have to wait for an open enrollment to apply for Prescription Advantage. Call 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

**Shine Websites:** [www.medicare.gov](http://www.medicare.gov) , [www.massmedline.com](http://www.massmedline.com) , Medicare Advocacy Project: 1-800-323-3203

## HEALTH NEWS...

**Masspro Website** at [www.masspro.org](http://www.masspro.org) – for information about Medicare beneficiaries and providers. It also links to resources and tools to support ongoing initiatives.

## Medicare “Compare” Websites

Home Health Agencies Compare – [www.medicare.gov/HHCompare/Home.asp](http://www.medicare.gov/HHCompare/Home.asp)

Hospital Compare – [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov)

Nursing Home Compare – [www.medicare.gov/NHCompare/Home.asp](http://www.medicare.gov/NHCompare/Home.asp)

**Medicare Prescription Drug Plan Finder** at [www.medicare.gov/MPDPF](http://www.medicare.gov/MPDPF)

## Alzheimer’s Disease Services

- **Alzheimer’s Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.;** 978-318-0046. Provides adult day health and Alzheimer’s day programs.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.

## Support Groups

- **Alzheimer’s Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4<sup>th</sup> Wednesday of each month in the early evening. Contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523 ext.104 for more information.
- **Early Stage Alzheimer’s Disease Carepartner Support Group**, 1<sup>st</sup> Tuesday of month starting in October. Contact Carol Steiner at 978-264-9643 or Lori Kalinoski at 978-38-3111
- **Life Care of Nashoba Valley**, 1<sup>st</sup> Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512
- **Caregivers support group**, 3<sup>rd</sup> Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3<sup>rd</sup> Thursday each month 7-9 p.m. Call 978-897-2962 for information.

**Information and Referral Service:** toll free 1-877-211-6277 (1-877-211-MASS) is a statewide collaboration of local United Ways and the Mass. Assoc. of Information and Referral Specialists (MAIRS) that recognizes a need for people to access information on health and human services programs and agencies.

## Healthcare Websites

- **Alzheimer’s Association** sponsored website for people who care for a loved one with Alzheimer’s disease. Enter info about your situation at [www.alz.org/carefinder](http://www.alz.org/carefinder) and get a customized report with recommendations and questions to ask care providers based on your needs. Future care giving issues can be addressed as well.
- **Office of the Attorney General**, [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.
- **Long Term Care**, [www.masslongtermcare.org](http://www.masslongtermcare.org). For information on services in the long term care continuum, i.e. financing, area specific care locator service and guides to selecting nursing or assisted living residences.

**Assistive Technology Website** to post or look for items in New England go to [www.getatstuff.org](http://www.getatstuff.org).

## SENIOR CENTER CLINICS

### **Podiatry Clinic: Tuesday, November 13<sup>th</sup>, 8:20-11**

Offered through the Acton Public Nursing Service. The clinic provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides such basic services as an evaluation and nail clipping. The \$20 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. Call 978-264-9653 for an appointment.

### **Blood Pressure & Wellness Clinic: Tuesday, November 13<sup>th</sup> & 27<sup>th</sup>, 9:30-11:30**

The Acton Public Health Nursing Service will continue to offer a free wellness clinic at the COA but has changed the dates & times. A Registered Nurse will be available to check blood pressure, pulse, or weight, answer any medication, nutritional, exercise or health related questions. No appointment necessary.

## A NOTE FROM THE FRIENDS OF THE COA

Dear Fellow Seniors,

November is the month we are busy sending out our Annual Senior Appeal letter. Thank you for your generous response to last year's appeal. This year, 2007-08, we hope to raise \$8,000. Remember your gift is tax deductible and returned to you in classes and programs at the Senior Center.

Look for our on-going quilt and afghan raffle ticket sales at the Senior Center and at the Acton Congregational Church's craft fair on November 17<sup>th</sup>. The winning tickets will be selected on December 19<sup>th</sup> at the Senior Center holiday party.

The Friends appreciate your support! We pay for classes and programs at the Senior Center and offer financial support as well as advocate for the Senior Ctr.

Happy Thanksgiving,

Elaine Giberti, Friends of the Acton COA

**Great Broadway Songwriters, Part II** - See page 2 for details on this entertaining and engaging program.

## State of the Town Meeting

**Tuesday, November 13<sup>th</sup>, 7:00 pm, High School Auditorium**

To be discussed: North Acton Fire Station, Senior Center Expansion, Comprehensive Community Plan, Capital items from the town and schools

## Coffee, Cookies and Conversation –

Please join the COA Board and staff in the dining room to share your ideas about possible senior center expansion:

**Thursday, Nov. 8<sup>th</sup> and Tuesday, Nov. 20<sup>th</sup>,  
12:30 - 1:30 or Friday, Nov. 16<sup>th</sup>, 11:00-12:00**

### ACTON COA STAFF

Jean Fleming, Director  
Carol Steiner, Outreach/Volunteer Coord.  
Chris Chirokas, Program Coordinator  
Judy Peters, Van Dispatcher/Admin Assist  
Ron Paskavitz, Van Driver  
Steve Ryan, Nancy Andersen, Dan Thomas  
and Peter Colby, Sub. Van Drivers

### ACTON COA BOARD MEMBERS

Stephen Baran, Chair	Gena Manalan, Vice-Chair
Edwin Carell	Mike Gowing
Barbara Cantrill	Sally Thompson
Anita Dodson	Barbara Tallone
Pat Ellis	Paul Turner
Bill Ely	

The Acton COA Board will meet on Monday,  
November 19<sup>th</sup> at 3:45pm.

## ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street**

**Acton MA 01720**

**Return Service Requested**

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